

A method and apparatus for receiving requests for time scheduled media from a client over the Internet and the delivery of such media programs in a specified streaming video format to the client is disclosed. In a first embodiment the client requests the recording of a media program by a delivery device which delivery device identifies in an e-mail message the storage location of the requested program in the delivery system. The client then accesses the delivery system via the Internet using the storage location identity and the delivery system delivers the stored program. In another embodiment the client requests and receives substantially real time delivery of a requested media program.